

Hot Weather Safety Tips for Older Adults

When the temperature climbs above 80 degrees, older adults need to be proactive and take precautions to avoid ailments due to excessive heat.

- Stay away from direct sun exposure as much as possible. Plan your outdoor activities either early in the morning or when the sun starts to set.
- Airconditioning is a good friend to have in the summer. Spend as much time as possible in air-conditioned spaces. If your home does not have air conditioning, visit the library and read a book or walk around the indoor mall, or watch a movie at the theater or meet your friends at the senior center.
- Stay hydrated by drinking plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.
- Dress appropriately for the heat. Try wearing loose, light-colored clothes. Avoid dark-colored clothes as they absorb heat. Also, wear a lightweight, broad-brimmed hat.
- Apply sunscreen to avoid sunburns. A broad-spectrum sunscreen lotion or spray with a sun protection factor (SPF) of 15 or higher is preferred. Reapply throughout the day.
- Cool down with a tepid (not too cold or not too hot) showers, baths, or sponge baths when you are feeling warm. Or, wet a washcloth or towel with cool water and put them on your wrists, ankles, armpits, and neck.

